

CACFP

SNP JUNE CONFERENCE
2015



CACFP: A HISTORY

The Child Care Food Program (CACFP):

- Began as a pilot in 1968 - became permanent in 1975
- Provides cash assistance to assist child & adult care institutions & family or group day care homes in providing nutritious foods that contribute to the wellness, healthy growth, & development of children, & the health and wellness of older adults/functionally impaired adults

CACFP provides for vulnerable populations:

- Children birth - 18 years
- Adults 60 years +
- Functionally impaired adults 18+

Nationally the CACFP served over 3.67 million children & adults in FY 2013

Source: <https://www.federalregister.gov/articles/2015/01/15/2015-00446/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-actff-11>



THE CACFP IN MICHIGAN: STATS & SITES

	FY 2012	FY 2013	FY 2014
Total Meals Served			
Breakfasts	3,095,727	3,441,305	3,227,191
Lunches	11,879,299	11,355,139	11,803,399
Suppers	4,781,562	4,591,111	7,099,839
Snacks	15,822,221	15,016,452	15,568,442
Average Daily Attendance (State & 12 Enrollment)	93,640	93,244	90,567
Total Payments			
Meals	\$57,183,565	\$59,769,373	\$53,542,899
Cash-in-lieu-of Contributions	\$1,856,009	\$1,878,741	\$2,024,192
Family Day Care Home Expense Administrative Cost	\$3,985,017	\$3,645,389	\$2,917,574
Total	\$63,124,591	\$65,293,503	\$58,484,665

Revised 1/12/14

Eligible adult and child care facilities include:

- Licensed child care centers
- Head Start programs
- After school care programs
- Emergency shelters providing residential & food services to homeless children
- Family child care homes, including unlicensed relative care providers
- Some private, for-profit child care centers
- Approved adult day services



PROPOSED CACFP HEALTHIER NEW MEAL PATTERN

The CACFP meal patterns have not been significantly revised since 1968

Nutritional concerns have shifted from:

- **Issues related to under nutrition**
 - Little intake of healthy foods
 - Low calories & essential vitamins & minerals (calcium, iron, vitamins A, D, E, K)
- **Issues related to over nutrition**
 - Over intake of unhealthy foods
 - Too many total calories, saturated fats, added fats, added sugar, & sodium
 - the under consumption of fiber & other essential vitamins & minerals

Overconsumption has contributed to:

- An epidemic of overweight & obesity in children & adults
- Other major health concerns affecting children, adolescents & adults

The proposed meal pattern revisions seek to address these concerns regarding the health of America's children & adults in care



PROPOSED CACFP HEALTHIER NEW MEAL PATTERN

The USDA is proposing to revise the CACFP meal patterns to ensure children & adults have access to healthy, balanced meals while in care

Under new proposed pattern, meals served would have:

- Greater variety of vegetables & fruits
 - More whole grains
 - Less added sugar & dietary fat
- The proposed meal patterns are based on the most current Dietary Guidelines for Americans, scientific recommendations from the Institute of Medicine (IOM) & from stakeholder input
- USDA made proposed changes with an eye to keeping costs low



THE CACFP PROPOSED MEAL PATTERN REVISIONS

Proposed revisions include:

- A new age group for older children ages 13 -18 (after school programming)
- Dividing the vegetable & fruit component into separate vegetable & fruit components for lunch/supper & snack
- Requiring cereals to conform to WIC limits & other nutrient requirements
- Requiring at least 1 serving per day of grains be whole-grain rich
- Disallowing grain based desserts for the grain component
- Allowing a meat/meat alternate to substitute for up to 1/2 the grain requirement at breakfast
- Requiring unflavored whole milk to be served to children 1 year of age
- Requiring unflavored 1% or skim milk for children/adults 2+
- Requiring flavored milk to be fat-free only
- Frying foods on-site disallowed



CACFP PROPOSED REVISIONS - SCHOOL BREAKFAST PROGRAM

School Breakfast Program (SBP):

- SBP menus will be revised to reflect proposed CACFP meal patterns for infants & preschool aged children ages 1 - 4
- Schools would use the CACFP breakfast meal pattern (7CFR 226.20(c)) for meal pattern quantity & component requirements for breakfast
- The CACFP minimum serving sizes remain the same
- Children age 5 + will continue to follow SBP meal pattern requirements (7 CFR part 220)



CACFP PROPOSED MEAL PATTERN REVISIONS: AFFECT ON NSLP

- To maintain consistency, the meal pattern for NSLP providing lunches & snacks to infants & children age 1-4 years of age will be revised to the proposed CACFP meal pattern
- The CACFP minimum serving sizes the same
- Children age 5 + will continue to follow the current NSLP meal pattern requirements. Minimum serving sizes remain the same



CACFP PROPOSED MEAL PATTERN REVISIONS: OFFER VS. SERVE OPTION

Offer vs. Serve (OVS):

- OVS would be eliminated for children under age 5 participating in CACFP in SBP & SNLP
- All required components are to be served to preschool children at meals & snack



**PROPOSED NEW HEALTHIER CACFP MEAL PATTERN:
WHAT IS NEW FOR PRESCHOOL PROGRAMS IN SCHOOLS**

- CHILDREN AGE 0-5 (INFANT & PRESCHOOL AGE)
 - WILL FOLLOW CACFP MENU
 - INFANT
 - AGE 1-2
 - AGE 3-5
- PROGRAMS AFFECTED INCLUDE:
 - CHILD CARE CENTERS LOCATED WITHIN A SCHOOL
 - CSRP
 - HEAD START
 - CSRP/HEADSTART BLENDED CLASSROOMS



**PROPOSED CACFP NEW MEAL PATTERN:
NEW AGE GROUP**

- PROPOSED** meal pattern added for 12-18 year olds
- Added to reflect ages served in at-risk afterschool programming
 - Same minimum servings sizes as 6-12 year olds on CACFP Meal Pattern
 - Differs from SNP Meal Pattern for Grades 6-8; 9-12
 - ADDITIONAL GUIDANCE COMING FROM USDA on implementing new age group



**ADDITIONAL PROPOSED
REVISIONS**



ADDITIONAL PROPOSED REVISIONS

- Prohibits frying as on-site preparation
- Water to be available upon request
- Parent/guardian may provide 1 component for medical or special dietary needs
- Family style meal practices
- Extend OVS to at-risk afterschool sites



ADDITIONAL PROPOSED REVISIONS

- **Flavored milk served to children age 2-4 years**
 - Options:
 - Prohibit service of flavored milk
 - Require flavored milk to contain no more than 22 g sugar/8 fluid ounces
- **Flavored milk served to children age 5 & older**
 - Options:
 - Require flavored milk to contain no more than 22 g sugar/8 fluid ounces
 - Sugar limit best practice
- **Yogurt (all age groups)**
 - Yogurt served no more than 30 g sugar 6 ounces
 - Sugar limit best practice



PROPOSED BEST PRACTICES



BEST PRACTICES: FRUITS & VEGETABLES

- Limit juice to no more than 1 serving per day
- Make at least 1 of the 2 required snack components a fruit or vegetable each time
- Provide at least 1 serving of dark green vegetables, red/orange vegetables & legumes a week



BEST PRACTICES: GRAINS

- Provide at least 2 servings of whole grain-rich grains/day
- Serve breakfast cereals that contain no more than 6 g of sugar/serving



BEST PRACTICES: FLUID MILK

- Serve only unflavored milk to all participants regardless of age



BEST PRACTICES: MEAT/MEAT ALTERNATE

- **Serve only lean meat, nuts & legumes**
- **Avoid or limit processed meats to no more than 1 x/week**
- **Serve only natural cheese**



BEST PRACTICES: PREPARATION

- **Avoid or limit serving fried foods or pre-fried foods to no more than 1x/week**



CROSS-PROGRAM INTERACTIONS

SNP, CACFP & GSRP



SNP, GSRP & CACFP

GSRP SITES ARE REQUIRED TO PARTICIPATE IN CACFP

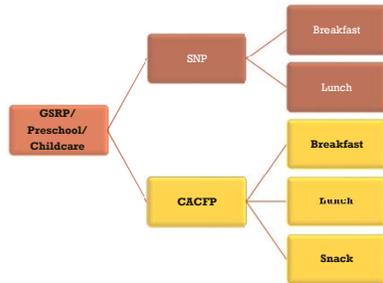
- Participating sites can use CACFP reimbursement for meals &/or snacks
- NSLP does not cover snack

REQUIRED RECORDS FOR CACFP PARTICIPATION:

- Household Income eligibility forms
- Enrollment forms
- Dated menus with any substitutions
- POS meal attendance
- Daily attendance



OPTIONS FOR CLAIMING MEALS & SNACKS

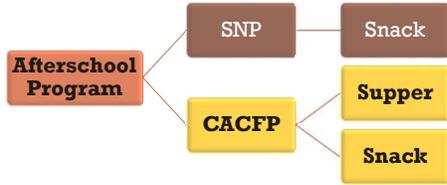


CACFP: AT RISK AFTER SCHOOL PROGRAMS

- **Meal Patterns:**
 - SFA in NSLP may use NSLP or CACFP meal pattern requirements for at risk programming
 - May use OVS for supper but not for snack
- **Site eligibility:**
 - Located in a school whose attendance area is $\geq 50\%$ F/RP
 - Utilize school data for determination – good for 5 years
 - Must have afterschool educational or enrichment activities at site
- **Records not required:**
 - Cost documentation
 - Costs are not required if your school successfully participated in the NSLP prior fiscal year
 - Production records
 - Participant Enrollment forms
 - Household Income Eligibility forms
- **Required records:**
 - Meal counts (POS or by head count)
 - Dated menus with any menu substitutions
 - Program attendance (sign in sheets, for example)
 - Site monitoring for multi-site sponsors



OPTIONS FOR CLAIMING AFTERSCHOOL SUPPERS & SNACKS



A MORE SEAMLESS TRANSITION: CACFP AFTERSCHOOL PROGRAMS TO SUMMER FEEDING SITES

Current CACFP At-Risk Afterschool sites have the opportunity to transition to summer meal sites through the Summer Food Service Program (SFSP) to establish a year round presence in local community!

Available flexibilities to facilitate a seamless transition:

- **Meqs + Application**
 - Current SNP Sponsors in good standing *do not have* to submit additional financial information for CACFP Application
- **Site Eligibility**
 - CACFP At-risk Afterschool area eligible through school data for 5 years
 - A CACFP At-risk Afterschool meal center applying for SFSP does not have to re-establish eligibility
- **Health & Safety Inspections**
 - If standards are the same for each program, MDE will accept documentation for a current inspection for either program
- **Financial Management**
 - Excess funds from either program may be used in operation of other child nutrition programs
 - Example: Excess funds in CACFP at end of school year may be used in SFSP

A MORE SEAMLESS TRANSITION: CACFP AFTERSCHOOL PROGRAMS TO SUMMER FEEDING SITES

Flexibilities continued:

- **Training**
 - Staff from CACFP At-risk afterschool programs in good standing not required to attending training prior to SFSP application
 - CACFP At-risk administrative staff must be informed of SFSP requirements & attend a SFSP sponsor training prior to participation
- **Monitoring**
 - SFSP sponsors required to visit site 1 time (at minimum) during 1st week of participation
 - May be waived if sponsor within good standing in both CACFP & NSLP
 - Sites participating in both CACFP At-risk & SFSP are NOT required to monitor sites following SFSP requirements during the summer & then the CACFP requirements during school year
 - May follow CACFP monitoring requirements year round
 - 1x during summer; 2x during school year
 - Summer visit must be unannounced with meal observation
 - 1 of 2 school year monitoring visits must be unannounced & include a meal observation
 - Must review CACFP requirements for monitoring

COORDINATION OF ADMINISTRATIVE REVIEWS

To streamline paperwork:

- The CACFP & SNP administrative reviews are scheduled for same fiscal year
- Costs are covered under SNP only for sites successfully participation in NSLP prior Fiscal Year
- There are separate financial reviews for SFSP & CACFP



AVAILABLE RESOURCES

www.michigan.gov/cacfp

- Under "Resources"
 - USDA CREDITING HANDBOOK FOR THE CACFP
 - USDA AT RISK AFTERSCHOOL MEALS HANDBOOK
 - USDA SFSP HANDBOOK
- MDE GSRP office
 - 517-373-8483



THANK YOU!

Child and Adult Care Food Program

517-373-7391

www.michigan.gov/cacfp